



Pathway to Wellness

November 2019

www.upstate.edu/wellness
www.facebook.com/UpstatePTW
<https://www.instagram.com/upstateptw/>

2019 Online Healthy Holiday Challenge for all- Ho Ho Ho!

Everyone can get in on this healthy support for the holidays. Information and registration:

<https://esmmweighless.com/holidaychallenge/>

The 2019 Online Holiday Challenge will consist of weekly newsletters, daily tips, weekly challenges, and healthy recipes delivered right to the participants inbox in addition to a private Facebook community they can join if interested. The Challenge starts **November 18** and goes until Dec 31. You can join the online challenge at any time. (no registration deadline)

2019 Paper Healthy Holiday Challenge Registrations and copies of **Healthy Holiday trackers**/log sheets will be available at the last Weigh-in-Wed on Nov 6th. Please see locations below.

Weigh in Wednesday

November 6th. Weekly accountability, behavior change. Paper Registration for **Holiday Challenge 2019**. Locations: 8:30am CAB lobby, 9 am Jacobsen Lobby; * 9:30am UH **first floor, behind elevators by the swipe in clock** 2:30pm-3:30 Environmental Services Offices.



November GOER Monthly Challenge

"Journal or reflect on what makes you happy". Online registration/tracking starts Nov. 1st.

<https://wellnys.goer.ny.gov/>

Idea? Sign up for OTD class the *Art of Journaling* or use the PTW Happiness Bag as a form of journaling?

Monday Mile walks

Until the lobby re-opens-Meet at **1st** Floor UH Elevator lobby 12 noon. Walk inside or outside.

Want to walk up to the no charge Monday programs at SU Campus? Please email brisks to show you how to get to the Healthy Monday Yoga, Meditation or walks at SU. See times below.

Healthy Monday SU

Bring your Upstate ID and participate in these Fall 2019 programs. No charge.

Meditation: 12-1pm in **SU** Hendricks Small Chapel (15ish minutes to settle in and work on posture, 20-30 of silent meditation, 10-15 minutes of questions and reflection).

Yoga: 1:30-2:30 **SU** Barnes Center meditation room. Please bring a mat if you can!

Walk a Monday Mile with a Mission: 12-12:30 outside the **SU** Barnes Center on the following dates: 11/4, 11/18, 12/2

Therapy Thursday dog visits

Thurs., Nov. 7th at Upstate Health Science Library. Stop by for some canine therapy from 11:30 a.m. until 1:00 p.m.



One Minute Wellness

Friday, Nov 15, 12:30 -1:30 Upstate Health Science Library. Come relax with an ocean drum; play in a sand box, learn one-minute relaxation breathing, ask questions about Pathway to Wellness!



Pathway to Wellness Committee Meeting is Nov. 13

Heart Health discussion 2 pm in the CAB room 115 a & b.

If you have an *idea to submit* contact: brisks@upstate.edu or call 4-4565



RD LIVE Taste and Try- Feature

Third Thursday of the Month-November 21, 11:30-1pm. Stop by Café 750 to the food of the month is cranberries; however, the pumpkin soup was so delicious in October that Morrison will serve it up again!

Medical Nutrition Therapy is available form Morrisons by calling Central Scheduling at 315-464-2778

November 14^h is World Diabetes Day

50 % of diabetes is preventable. Come walk at 12 noon. Meet in UH Lobby or encourage your department to do a Healthy Salad Bar <http://www.upstate.edu/health/wellness/programs.php> or go to <http://www.upstate.edu/health/wellness/diabetes.php> to learn more

Joslin has great u-tube videos- <https://www.youtube.com/watch?v=am6ga3tSnpk>

American Diabetes website <https://www.diabetes.org/nutrition>

Don't be surprised if there is a PTWellness ambush around this time and subject!

Well-Being Index

The Well-Being Index is a validated screening tool to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life. The index is 9 (nine) questions and has resources you can use immediately. This screening tool is available anytime. <http://www.mywellbeingindex.org/signup> access code: "Upstate".

GASO-GREAT AMERICAN SMOKE OUT – Jeopardy!

Tues., Nov. 19th Community Room @ Community Campus 12:00-2:00

Thurs., Nov. 21st Gold Elevators, 2nd floor, Downtown Campus 11:30-2:30

Welcome to Jeopardy! The trivia game with a twist. The Great American Smokeout Team invites you to have some fun testing your tobacco knowledge. Come learn about becoming tobacco/vape free. **Free** nicotine lozenges will be available. **WIN PRIZES!!** Questions: Theresa Hankin Hankint@upstate.edu

Quitting and Cooking Café

The Quitting and Cooking Café – Thurs., Nov 7th; 10 a.m. to noon; atrium of Upstate Cancer Center. Advice on quitting tobacco, healthy food samples, recipes, and light refreshments will be available to Upstate employees, students, volunteers, and patients. Contact: Theresa Hankin

Easy for You

November 12th (2nd Tuesday of every month), 11:30-12:30. **Location: 7th floor, . Rm 7335B in the west wing.** Anyone with an Upstate ID is welcome to come get help quitting tobacco. Get **free** nicotine replacement therapy (NRT) making it easy for you! Expert advice to help you quit and stay quit. Info available to help cover quitting cost of others on your insurance plan. <http://www.upstate.edu/hospital/health/healthlink/smokefree.php> Contact:Carolyn Walczyk

Weight Watchers at Work- Meets every Tuesday from 12:00 to 12:45. rm 10405A East Tower
Any questions contact Kim Hare 464-4891 or harek@upstate.edu

Tranquility Tuesday

Every Tuesday, at 12 noon, RM 1144, Academic Building, 30 min. meditation. Contact the COM Skaneateles Learning Community, Krystal Ripa for information.

Can't make it? A recorded version is available at: www.upstate.edu/wellness with other meditations and resources.

Community Garden-

"One of Upstate Community Garden's missions is to promote **wellness** through healthy food supply and gardening activities". Starts again in Spring 2020. Contact Sumana (sundaras@upstate.edu)

SWIMMING, broomball and other recreational programs Contact: City of Syracuse Parks and Recreation
<http://www.syracuse.ny.us/Parks/aquatics.html>

broom ball, volleyball <http://www.syracuse.ny.us/Parks/adultAthletics.html>

Websites for more wellness

Reminder-Flu Shot in clinic information <http://www.upstate.edu/health/calendar.php>
www.upstate.edu/wellness self care, weight management, diabetes education, resources and more
www.mywellbeingindex.org helpful self-evaluation tool logon with "Upstate"
<http://goer.ny.gov> monthly challenges, daily health tips sent to your email and 5k Magnets
www.facebook.com/UpstatePTW Keep up with events, recipes, photos and fun!
Lernercenter.syr.edu newsletter or weekly population health briefs.
<https://eshportal.upstate.edu> To schedule Employee/Student Health appointments through the portal

